What is claimed:

1. A method for causing cessation of hair growth, from a section of human skin comprising the steps of:

(a) shaving or trimming said hair in a specified skin section to be treated so that no hair growth is observable above the outer layer of said skin section;

(b) placing a hollow reflective light guide against the skin forming an optical seal to contain a light source;

(c) illuminating said skin section by directing said light source through a light filter and through said hollow light guide;

(d) directing said light through said hollow light guide in a specific pulse geometry allowing a thermal relaxation time which prevents damage to said skin section.

2. The method of claim 1, wherein said pulse geometry is effective on a broad size of hair folicles.

3. The method of claim 1, wherein said wavelength exiting said hollow light guide is greater than 610nm.

4. The method of claim 1, wherein said light source comprises four individual flashlamps which are fired simultaneously or consecutively with a delay between each said pulse.

5. The method of claim 4, wherein said pulses from the flashlamp are approximately 18ms in duration with a capacitor and inductor value in the circuit to produce the geometric pulse shape described herein.

6. The method of claim 1, wherein said total electrical supply energy to the flashlamps is 160-400 joules for every cm2 of output.

7. The method of claim 1, wherein said light source comprises:

a power source;

a plurality of flashlamps;

a water cooling system;

a control source for firing said flashlamps.

8. The method as described in claim 7 wherein said flashlamps consist of Kr, Xe gas.

9. The method of claim 1, wherein said light filter blocks wavelengths below 610nm.

10. The method of claim 1 where said light is generated in an output between 610nm and 1,200nm and the majority of said output is within the range of 725nm to 925 nm and where said light generated is optimal for depth penetration and melanin absorption to eradicate hair follicle causing cessation of hair growth without causing damage to surrounding skin tissue.

11. The device of claim 7, wherein said control source allows simultaneous, overlap and consecutive firing of the said flashlamps.

12. The device of claim 7, wherein said flashlamps consist of synthetically fused quartz doped with cerium.